



FOURWAYS GARDENS

Residential Estate

March 2018

PLANTING UP POTS
Have your own worm farm at home

PICS:
Kids' disco

What's up with tattoos?
Bird feeding by James Clarke



With quality finishes throughout and splendid proportions this five bedroom, five bathroom, Classic home in Fourways Gardens Lifestyle Estate encapsulates a living experience both aesthetically pleasing and spaciouly rewarding.

Your best life begins with a home that inspires you.

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Cover photograph: Peter Sealy-Fisher

IMPORTANT NUMBERS

Estate Office 011 465 7731
(operating hours 08h00 - 16h00 Mon to Fri)
info@fwg.co.za

Estate Security 24/7 011 465 5465/66
Main Control Room

Emergency and 011 467 1400
Medical Response 011 444 2237
Netcare 911 082 911

Council Service 011 375 5555
and Enquiries:

Clubhouse 011 465 0937

In case of emergency:
Douglasdale Police Station 011 699 1300

ER 24 Emergency 084 124

Police/ Flying squad 10111

Life Hospital 011 875 1000

Eskom 086 003 7566

City Power 011 375 5555

Joburg Water 011 375 5555

Water/Sanitation/
Sewer problems 011 375 5555

Fraud & Corruption Hotline 0800 002 587

JHB Metro Police 011 490 1600

Fire and Ambulance 10177

10

18

36





Fourways Gardens Natalia & Tracey



Ref# FW1358530

4 Bedrooms / 3.5 Bathrooms



FOR SALE



R5.99 million



FOR SALE

Ref# FW1347979

5 Bedrooms / 3.5 Bathrooms **R4.499 million**



FOR SALE

Ref# FW1280844

4 Bedrooms / 4.5 Bathrooms **R3.79 million**



FOR SALE

Rental option
R20,000 pm

Ref# FW1355469

3 Bedrooms / 2 Bathrooms **R2.49 million**



TO LET

Ref# FYL1349260

4 Bedrooms / 4.5 Bathrooms **R45 000pm**



TO LET

Ref# FYL1360413

4 Bedrooms / 4.5 Bathrooms **R31 000pm**



TO LET

FURNISHED

Ref# FYL1355275

2 Bedrooms / 2 Bathrooms **R25 000pm**

Natalia Atanassov 084 783 3010 • pamgolding.co.za/natalia-atanassov
Tracey-Lee Savage (Rentals) 083 654 2729 • pamgolding.co.za/traceylee-savage

MESSAGE FROM THE FWG BOARD

We are happy to advise that a successful AGM was held on 21 February 2018. Our members were constructive during the meeting and we look forward to the next year. Members were advised of the outcome of all resolutions. The following board members availed themselves and were voted in for another term.

Stuart Marshall
Marten Spencer
Andrew Ward
And myself, Gillian Benson

One of the resolutions that were passed was for information regarding to the changes to our current Memorandum of Incorporation (MOI) and in conjunction with that our Estate Conduct Rules, be circulated to members and an EGM be held on 11 April 2018 to vote on the suggested changes. We request members to avail themselves for this date and to please scrutinise and send suggested input timeously, to incorporate in the new document. Any legal eagles welcome to help us on this one!

"An EGM to be held on Wednesday, the 11th April 2018, for voting and adoption of the amended Memorandum of Incorporation and the amended Conduct Rules, Public and Open Areas Policy and Penalty Schedule, which will be circulated for comments and members' suggestions by no later than the 28th February 2018."

As a board we seem to have reached a stage where we seem to be dealing less with certain members attacking directors and the HOA for personal reasons which in turn allow us to focus on more positive projects. There definitely seems to be a change in a positive direction currently. As a smaller board, we will be implementing the offers of various members to serve on sub-committees, which will hopefully reduce the time spent by us on an operation level.

I do however wish to reiterate that residents should deal with our staff at the HOA regarding all operational matters. As directors there is really very little we can do on a Friday night at 22h00 when your neighbour's dog barks, except ask security to address it. Jokes aside, please let our staff do what they are here to do and let us rather escalate more serious matters to directors. All staff members know the process and will not hesitate to involve us if the need arises.

As outgoing Chairman, I wish to thank residents for allowing us to serve another term and for the further vote of confidence. Once we have met and portfolios for the next term have been allocated, this will be communicated to all residents. I would also wish to thank the previous board of directors and their spouses for all their hard work and effort.

"Improvise, adapt and overcome."

Yours in service,

Gillian Benson

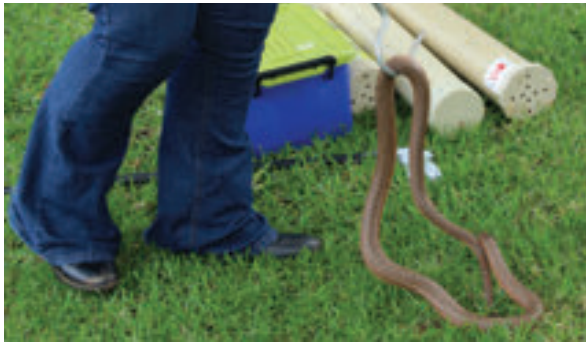
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24/7 Security Officers attending snake catching and awareness training at Fourways Gardens Residential Estate.

(PHOTOGRAPHS BY ELMINE)



FOURWAYS GARDENS RESIDENTIAL ESTATE SECURITY OFFICER OF THE MONTH

– TEKE ISAAH MOGANO

Teke is the Gate Commander and you will see him managing the access control flow at Phase One and Two's entrances. He is a dedicated member of the 24/7 Security team and always willing to assist, often going beyond the call of duty.



Follow-me home types of robberies are an ongoing concern. Please keep the following top of mind when approaching the Estate:

5 minutes from home:

- Transform into an alert state and become aware of your surroundings
- Get off your cell phone
- Turn down car radio/music
- Open the front drivers and passenger window to about 3 cm from the top
- Start listening to all external sounds and be alert to any abnormal noises
- Use all 3 mirrors – left hand side mirror, right hand side mirror and rear-view mirror
- Become alert to what vehicles or people are around your vehicle
- Ask any kids to quieten and calm down
- Request any adult passengers to assist with observation
- Slow down
- Keep the vehicle in the direction of the road (parallel to the point of entry)

• Be alert to the following:

- Suspicious people
- Suspicious vehicles
- Suspicious activity
- Suspicious objects

• Indicators to not enter your place of entry

- Unknown people loitering around
- Unknown vehicle/s parked in the road
- Security officer does not give the all clear signal
- Unusual activity – emergency vehicles, responders

Stay in touch

We look forward to suggestions and recommendations via the General Manager, Gary Haynes, which we will address accordingly.



CHRISTIAN ETHOS CAMBRIDGE CURRICULUM

- ⊕ **GRADE R - GRADE 7**
- ⊕ **GRADE 8 - Grade 12**
(CHECK POINT - AS & A LEVEL)

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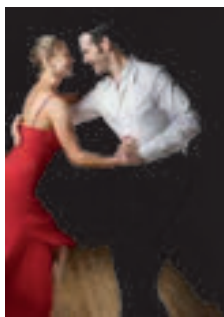
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For Sale **R4.395 MILLION**

For Sale **R4.500 MILLION**

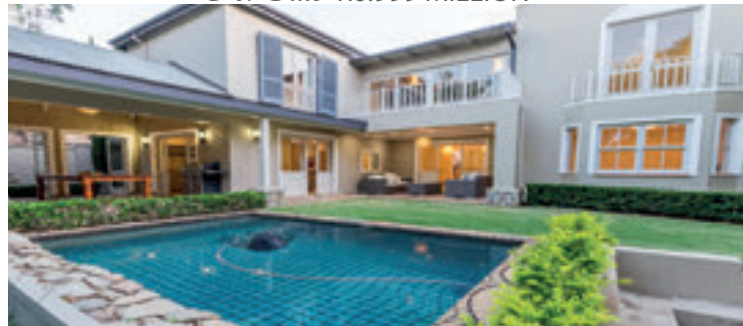


For Sale **R3.999 MILLION**

For Sale **R3.950 MILLION**



For Sale **R6.999 MILLION**



For Sale **R3.999 MILLION**

For Sale **R4.700 MILLION**



Gaye

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Monthly Draw – the last for 2017

Lucky draw prize winners were:

- 1st Dale Scrutton 34 Sweetgum
- 2nd Mandy Scrutton 34 Sweetgum
- 3rd Graeme Goosen 8 Wild Peach

The Lucky draw of R6 000 rolls over as Judith Laidlaw of 10 Ebony Place was not in attendance.

Anyone in attendance stands a chance to win the lucky draw prizes! Our cash prize is for homeowners only and all owners in good standing are automatically entered into the draw. You have to be in attendance on the night to claim your prize. If not, Century 21 will donate another R1,000 that rolls over to the next month!

Remember, you have to be there to win!

The Monthly Draw takes place on the last Friday of every month in the Clubhouse at 19h00!



Rules for the Monthly Draw:

Anyone in attendance stands a chance to win one of the lucky draw prizes. Simply complete your details on an entry form and you can win one of three beautiful lucky draw prizes.

Find your Dream Home!



SALE: R4 499 000

Web Ref: 21DN-2656

LARGE, MODERN AND SPACIOUS FAMILY HOME!

Large family home situated in sought after Fourways Gardens phase 2. Entrance hall with stairway to first floor. Guest bathroom with shower servicing the downstairs study or 4th bedroom. Three reception areas consisting of a double volume lounge with sliders leading to patio overlooking the large pool and garden; dining room; TV / family; separate solid wood fitted bar; modern eat-in kitchen with plenty of cupboard space and double eye-level oven; gas hob with overhead extractor fan; separate scullery; space for double fridge plus two appliances; microwave shelf and walk-in pantry. Upstairs 3 bedrooms, 2 bathrooms, main bedroom with walk-in dressing area and full bathroom en-suite. The main bedroom has access to a large balcony with views of the surrounds. Staff accommodation consisting of a reception room, bedroom and bathroom. Large double auto garage leading into entrance hall and ample off-street parking space on the forecourt of the home.

WELL PRICED FOR A QUICK SALE!



SALE: R4 245 000

Web Ref: 21DN-2675

SINGLE STOREY REFURBISHED FAMILY HOME!

This home offers a spacious, light and bright open-plan interior, with modern finishes, beautiful tiling and wooden flooring. The foyer lead into the vast reception room with a double sided combustion fireplace separating the dining room and the lounge area. Sky light letting lots of light to the interior. The family lounge has a gas fireplace with doors leading to the patio. Adjacent to the dining room is the modern fitted eat-in kitchen, featuring a gas hob and a scullery. 3 Bedrooms and 3 bathrooms (MES), plus a study or 4th bedroom. Covered patio with built-in braai. Private walled garden and lap pool. Staff quarters with kitchenette. Gated driveway. Double automated garage.

SELLER WANTS OFFERS!



SALE: R3 999 000

Web Ref: 21DN-2688

OLD WORLD CHARACTER!

Grand old lady from a bygone era. Gracious living after renovations or just move in, either way you cannot go wrong. This semi double storey house of 355 sqm on large stand of 1531 sqm comprises of entrance hall, very large airy lounge with wood burning fire place, big dining room leading to covered patio pool and super large garden with lapa, bright eat in kitchen with space for all appliances, double door fridge, hob and eye level oven, guest cloak room, bedroom and full bathroom plus study or third bedroom. Staircase leading to upstairs large main bedroom with spacious covered balcony, walk in dressing area plus full bathroom en suite. Ample space for additional 2 bedrooms under roof from upstairs landing. Double garage and staff accommodation.

OWNER HAS BOUGHT ELSEWHERE!

If you are considering selling or renting your property contact Century 21 Lifestyle Team for a qualified valuation. We welcome your call and will be pleased to discuss your property needs at any time.

Our experienced team will provide you with the best professional service.

SMARTER. BOLDER. FASTER!

Tania Heurtaux
082 550 2222

Joep Rijntjes
083 462 2756



FWG ACTIVITY PROVIDERS

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:00		Outdoor Fitness Classes (8-10) Rhona Williams 083 600 1868		Outdoor Fitness Classes (8-10) Rhona Williams 083 600 1868		Outdoor Fitness Classes (8-10) Rhona Williams 083 600 1868
08:30			Pilates - Tracey (8:30-9:30) 082 894 6096		Pilates - Tracey (8:30-9:30) 082 894 6096	
09:00						
09:30	Yoga with Virusha Gowrie 072 500 7215 virusha.gowrie@gmail.com	Yoga - Wendy (9-10:15) 011 465 7155 083 400 6211				
10:00				Cristina (10:00-11:00)	Nunu's and Nannies (10:00-12:00) Vanjee Smith 079 1800 330 vanjeeleigh@gmail.com	
10:30				Flamenco Dance 076 521 8750		
11:00						
11:30						
12:00						
12:30						
13:00						
13:30						
14:00					Ballet (14h00-14h30) Nicky Ridley 072 2388 063 nickyridley33@gmail.com	
14:30						
15:00				Helen O'Grady Drama Academy (15:00-18:00) Kerry Holbrook 083 410 2940 www.dramaafrika.com		Yogabats (15:30-16:30) Desley White 011 465 1939 / 084 465 1939
15h30		Debbie (15:45-16:45) Jazz - 082 425 6098				
16:00						
16:30			Goju-Ryu (16:30-19:30) Stef and Roberta 083 384 3026 / 083 309 5352		Goju-Ryu (16:30-19:30) Stef and Roberta 083 384 3026 / 083 309 5352	
17:00		Cristina (17:00-18:00)				
17:30		Flamenco Dance 076 521 8750				
18:00		Yoga - Wendy (18-19:15) 011 465 7155 / 083 400 6211		FOR HOA AND AGM MEETINGS		
18:30						
19:00						
19:30						
20:00						

Clubhouse

Phase 2 Outside

Phase 2 Soccer Nets

All fees and times to be confirmed with the activity provider concerned.

21 YEARS OF TEACHING BALLET TO CHILDREN OF ALL AGES

When I was three years old I was spellbound by the *Tales of Beatrix Potter* ballet that was showing on TV at the time. After having watched it a few times my mother noticed that I was dancing the role of the frog almost faultlessly as far as the choreography was concerned. I begged her to let me have ballet lessons and finally she agreed. I continued to have ballet lessons until the end of my school days. I knew from a very early age that I would make it my career.

During those years my teachers entered me into many competitions, including the *Concours de Ballet* held annually at the National School of the Arts by the National Society of Dance Teachers. This all culminated in my winning the Senior National Scholarship trophy for being the best overall dancer that year.

I participated in the production of *The Joy of Children's Dancing* performed at the Roodepoort City Theatre. I was also a soloist in a production of *Gems of Dance* at the Wits Theatre, celebrating the 75th anniversary of the Royal Academy of Dance. At the Val Whyte Awards I was a guest performer with PACT Ballet at the Wits Theatre.

Besides Ballet, I trained in Contemporary Dance and Modern Jazz, winning numerous gold awards and a trophy for being the best modern Jazz dancer that year.

After qualifying as a Royal Academy of Dance teacher I decided to pursue a career in teaching ballet rather than carrying on with performing as teaching and working with children was my true passion, and so the Nicky Ridley School of Dance was established. I am currently teaching in 25 nursery and primary schools and have a studio in Bryanston and in FWG.

I teach the International Syllabus of the Royal Academy of Dance. This syllabus has been specifically created for children of two years and older. I start training girls (and boys if they wish) the correct technique



from the age of two so that they are capable of entering a ballet exam by the age of six. My pupils achieve some of the highest marks in the country for their International Royal Academy Examinations. I bring in a lot of fun elements to the class by the use of fairy wands, tiaras and pompoms. I work on improving posture, inner core strength, coordination, balance, muscle tone and confidence. Ballet can melt a child's daily stresses away as whilst dancing they feel completely removed from the world as they know it. Children who do ballet learn leadership skills and discipline and it also stimulates the imagination.

I look forward to teaching your daughter or son either Ballet, Hip-hop or Modern Jazz in the FWG Clubhouse. As well as children's classes, I also offer Adult Ballet classes in the Clubhouse.

You are welcome to contact me, Nicky on 072-238-8063 or email nickyridley33@gmail.com. Website: nickyridleydancing.co.za.





Our Gardening Club held the first meeting of the year on 22nd February.

One of our gardening gurus, Irene Howard, gave us a stunning presentation on planting up pots for your patio and terrace areas.

With water restrictions, it is difficult to maintain a vibrant, colourful garden. Irene showed us in no uncertain terms just how effective a group of pots planted with pretty plants of differing heights and dimensions can be.

Potted plants last for a very long time with appropriate feeding and care, or you can change regularly to give your outside rooms a different style.... It's up to you and your creative feelings!

IRENE'S TIPS:

- Take the time to choose and group attractive pots.
- Instead of pebbles or gravel that are heavy mediums, use a cut up pool Noodle to add the necessary aerated basement to your pot. Alternatively old kitchen sponges.
- Mix potting soil with some topsoil into your pot on top of the noodle pieces. This helps retain moisture.
- Mix bone meal at the level of the roots of the plants you choose to pot.
- 2:3:2 fertiliser can also be added to the deeper soil.
- 3:1:5: or 5:1:5: fertiliser can be added more towards the top of the soil to encourage flowers.
- Plant up 1, 3 or 5 selected pots. Keep numbers of pots, odd not even.
- Plan your design – tall with bushy plants – a Hibiscus with pink Anthiriums around.
- Or New Zealand flax with its pink striped strap leaves with Liriope grasses.
- Or Hibiscus with impatiens.
- Try a Tree Fern.
- Add grey leaf plants to mix colours lamb's ear.
- Plant up a wide pot full of just petunias or impatiens.

So prepare to have a new delightful potted garden.
Your family and friends will just love it!





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*"I have been living and selling property in
Fourways Gardens for 14 years!
Your asset is important to me."
Francesca Beattie*

**DEAR RESIDENTS – WE HAVE SOLD OR LET MOST
OF OUR STOCK IN FOURWAYS GARDENS
PLEASE LET US DO THE SAME FOR YOU !!!**



TO WHOM IT MAY CONCERN

Francesca Beattie has just this minute sold my house!

It has been a long haul of nearly a year due to the difficult political and economic situation of 2017 in South Africa, but she constantly encouraged me to give her another show house and brought viewers by appointment until the right one came along.

Always she was professional and efficient, hard working and experienced.

It has been a real pleasure to have her help in these new circumstances in my life, and I am delighted that her efforts have been so successful. She guided me every step of the way, giving me good advice at all times.

I recommend Francesca very highly as an estate agent to everyone who is looking to sell or buy a home in Fourways Gardens.

Sincerely yours,
Shirley Woods.
2 February 2018
Pagoda Crescent Phase 2 Fourways Gardens



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FRANCESCA Beattie
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The benefits of having your own worm farm at home

Why buy an expensive worm farm, when you can set up a perfectly good stacking system wormery, for less than half the price of buying in a fancy branded worm farm from a dealer? You won't even need to be much of a handyman, or use expensive materials to produce a neat unit that will look good and function well.

The Principle of the Stacked Bin Worm Farm

Traditional methods of vermiculture have their place, but today's suburban worm farmer wants a composting system that takes up minimal space, looks good and is clean and convenient to use. The home worm farmer can use suitable modern products and a better understanding of the habits and requirements of the compost worms in the worm bins to design a system that is both convenient to handle and efficient in the usage of materials and manpower.

An inexpensive DIY worm farm

The principle of the stacked bin worm composter is that, unlike the drab earthworms, who dig deep, our red compost worms always migrate upwards, towards the food, leaving their castings to fall below them. We use this information about red worms to our advantage. Generally the idea is to build up a multiple stacking system of connected worm bins or trays that are slightly tapered to allow the bins to nest, one within the other. Worm castings (the compost) are collected in the lower bins and worm food (kitchen or garden scraps) is consumed



in the upper levels of the wormery. When a lower bin is nearly full of castings it is emptied and rotated to the top and so on.

Choosing Your Bins

The size and number of the nesting bins is variable, depending on the desired scale of the operation. Common plastic storage bins, sold for general household use at hardware stores are quite suitable for making your worm farm. Usually the sides are not vertical, but slightly tapered for convenient stacking on the retailer's shelves – this suits us, as it allows for partial nesting of bins.

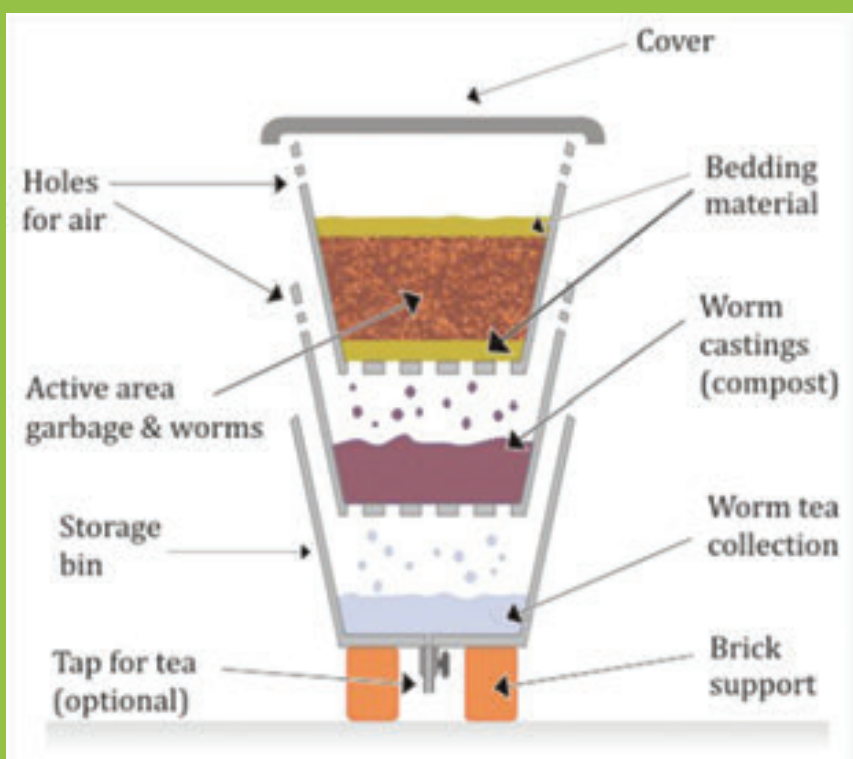
A lid would be required for the top bin. Worms hate light – so don't get opaque bins. Heavy black bins are good. The plastic storage containers are not expensive and come in a variety of sizes. For a small scale composting set-up, for processing kitchen waste, three containers of about 45 litres each would be adequate.

The Sump

The lower sump bin is configured differently from the upper bins and would be prepared first. Its function is to collect excess fluid called worm tea, or compost tea.

The sump may be fitted with a 15mm barrel tap, through a small hole drilled in the base for conveniently draining out the excess fluid (the worm tea)

Instructions for Creating Your DIY Worm Composter





So why not give it a try – you will be surprised at how easy it is and the benefits are countless!

that will accumulate there. This tap is not essential, but would avoid the otherwise potentially messy job of having to tip the worm tea out by rotating the bin.

The Composting Bins

The two upper bins will actually hold the worms. They are to be identical and are prepared as follows:

Drill a pattern of 6mm holes across the entire base of each container for drainage and to allow for ventilation and the upward migration of the compost worms, these holes should be regularly spaced at approximately 50mm apart in either direction.

For further aeration, drill a row of 6mm holes at 50mm centres, in a continuous line around the walls of each of the bins. This line of holes would be about 100mm below the top rim of the bin.

It is not essential to drill holes in the lid, which is closed tightly over the upper bin as you should get enough air through the sides.

Setting It Up

After preparing your bins, you first set up the lower (sump) bin on bricks or blocks, allowing enough space to tap off the fluid from beneath it. Choose a shady location for the worm farm.

The second and third bins are “nested” within each other and dropped into the sump bin. To maintain a working space for the worms, and for accumulation of compost, you need a few spacers or packers of about six to eight inches height, between the two upper bins and some smaller packers of about four inches in the lower (sump) bin. You can use wood blocks or sealed food jars for packers.

The packers also prevent the tapered worm bins from jamming together and cause a gap between the bins, which improves ventilation.

To prevent “nasty bugs” from squeezing in between the bins, you should close the small gap between them with strips of shade cloth.

Starting Production

Now you are ready to go into production:

Set up your worms in the top bin with a good (damp) fibrous bedding (you can just use shredded newspaper), put in a little compost and a handful or two of damp soil with the worms and after a few days you will be ready to start feeding in your kitchen scraps. Cover the food with more bedding material to discourage pests and keep the lid closed.

Make sure the worm farm is never

allowed to dry out, by sprinkling water over the bedding periodically, if there is not already enough moisture coming from the food scraps.

When the top bin has been fully productive for a while, the worms will multiply and compost will be start accumulating from the worm castings. When the quantity of compost is meaningful, stop putting feed into this bin and swap over the upper two bins by putting bin No 2 to the top of the stack, with bin No 1 now in the middle.

Set up this new top bin with clean bedding, a small amount of the old castings and immediately start feeding your kitchen scraps into it. Over a few days, the worms will naturally migrate upwards towards the new food source, leaving the lower bin with only a few stragglers and it should be ready for the harvesting of your compost within about three weeks after the swap.

All you need to do is to keep repeating the process of alternating the top two bins on a regular basis, taking out the compost, whenever it accumulates, and tapping off the worm tea from time to time. This worm tea is a very valuable product as it is a highly concentrated liquid fertiliser that can be diluted for immediate use in your garden.



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2018 GARDEN DESIGN SHOW

Get inspired by the 9 fully integrated gardens which take visitors on a gardening journey, that showcases pertinent and innovative garden designs easily replicated in your home and garden.

When: 10 February to end May 2018
Where: Lifestyle Home Garden

Free entry, pre-arranged guided tours and interesting talks and events accompany the show.

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• Tel: 011 792 5616

Quiz Night at Fourways Gardens Estate

Another fun evening was hosted by Francesca Beattie Properties and the Clubhouse on 2 February. As this event is very popular among residents, we will aim to host it every two months!

On the night, teams of between four and six members compete for the R1,000 cash prize that is generously sponsored by Francesca Beattie!

The February winning teams were:

1. Cantina Cattiva
2. Tatty Windsocks
3. February





ACACIA SCHOOLS

Driving down Bellairs Drive one cannot miss the changed landscape at the intersection of Blandford Road. The once feared and bad looking bush/dumpsite is completely cleared and taking what appears to be great shape. The bad elements that used to hide in it are all gone. Runners and pedestrians now feel safe again. Even before thinking of what developments are coming up there, one is just filled with this great sense of relief that things have started to change for the better. I am convinced that the residents of the neighboring two residential complexes appreciate this development as it surely improves their security and should enhance the value of their properties.

My inquisitive mind convinced me to pull off and take a closer look at the development. My eyes were quickly drawn to the colorful billboard of Acacia Schools. A School in that space! In my view, having faithfully followed news reports on how the Gauteng Department of Education struggled to place tens of thousand of learners in schools just this past month, I could see no better use of this space than a school for this sprawling suburb.

I ended up in the office of the principal, Mrs. Fiona Wood who gave me a brief history and aspirations of the school. The old Abbey Road Guest House is the current temporary home of Acacia Schools, giving us sufficient classrooms to accommodate both the Primary and High School. Mrs. Wood took me on a tour and explained to me that the bush area is being developed into sports fields for the school. The sporting disciplines will include cricket, rugby, soccer, hockey, basketball, netball and tennis. The fields will be ready for use in April 2018. I made a promise to visit the school on one of their sports days.

I was just blown away by the enthusiasm of Mrs. Wood as she related to



me the big plans they have for the school. Acacia is a school offering the Cambridge curriculum at both Primary and High School level. As a non-denominational Christian ethos run school, Acacia Schools focuses on giving its learners the roots of good values and a work ethic which will provide them the grounding to excel in life.

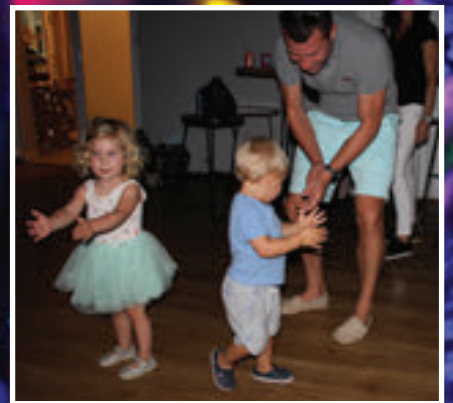
Our discussion was interrupted by the happy shouts and cheers of learners as they streamed out of class for break. Mrs. Wood told me the school opened in January with just under 30 learners. She expects the numbers to swell in the next term as they receive enquiries daily. She explained that the reason for the low enrolment was that they only took occupancy of the property in December 2017 and only started marketing in the second week of December 2017.

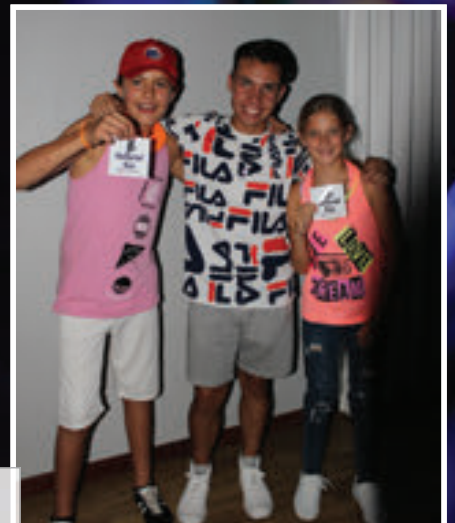
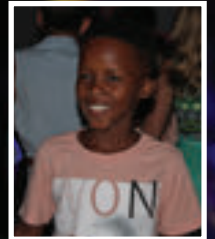
Could this be the birth of a star in the education space in Northriding? The developments on the ground, the enthusiasm and passion of the school leadership and teachers, the vibe of the learners and the ethos of the school, all point to that. We wish Fiona Wood and her team all the best in their new exciting journey.



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KIDS' DISCO







Checking for newly laid eggs.



Free play.



Getting to know Slowcoach, the tortoise.

CREATING A NURTURING LEARNING ENVIRONMENT

Engaging in meaningful experiential learning

Have you ever wondered just what needs to be in place to create a learning environment where children feel safe enough to learn on their own terms?

Lee-Ann Bruce, principal of the preschool at Broadacres Academy, explains that for children to engage in meaningful experiential learning, they need to feel safe enough to take risks and make mistakes.

The philosophy of learning at Broadacres Academy is one that acknowledges that, the more curious a child is, the more they learn.

Nurturing curiosity

Nurturing a child's inquisitiveness is one of the most important ways that one can help them to become enduring, life-long learners.

Children are natural-born learners, with a natural desire and curiosity to understand how the world works.

At Broadacres Academy, a safe and nurturing environment is created so that our children can realise these significant outcomes that ultimately govern successes in later life.

Situated on seven hectares of rural charm, Broadacres Academy provides a unique farm environment in the growing suburb of Broadacres.

Lee-Ann points out how the farm environment offers many opportunities to encourage natural curiosity and learning:

We model interest in the world around our children.

We walk with them outside on the farm daily and wonder aloud about the trees, the sky, the birds, the animals.

We follow their lead to stimulate and encourage their natural, individual interests.

Children learn so much more through activities that capture their attention and imaginations.

If one of them wants to spend more time with 'Slowcoach', our tortoise, who gently makes his way to the fence in search of a treat, we do that.

If a child notices the way in which the bunnies sit up on their hind legs when Moses, our Groomsman and caretaker of all the animals, approaches, we stay to observe their feeding ritual.

If bugs are what catches the child's interest, we sit down on the ground to watch them foraging for food.

We return to our class to explore further through our books on a topic that arose on that specific 'adventure'.

We encourage a love of, and appreciation for, books.

Books open a world of delights for a curious child. Learners who are exposed to books become better readers. We let children choose their own books from our library every week.



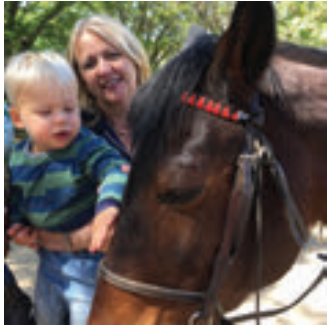
Children learn so much more through activities that capture their attention and imaginations.



Children are natural-born learners.



Happy, calm and positive learning experiences.



We walk with them outside on the farm daily and wonder aloud about the trees, the sky, the birds, the animals.

Let curiosity be their guide

We kindle curiosity within all our children (from our two-year olds to the Grade 3s) with open-ended questions.

These kinds of questions encourage children to develop their thoughts and ideas, show love and interest, and will give adults a window into children's inner lives.

Very importantly, we create an interesting environment - young children (babies and toddlers) spend a huge amount of time in focused gazing, assimilating information.

They're curious about what's in their midst.

Pictures on the walls and normal daily school activities are naturally fascinating. We redirect and never discourage.

By this I mean that we try to figure out what is capturing our children's interest (especially in free play), or what skill they are trying to master.

We then set about ensuring a safe and acceptable way for them to explore.

For example, if the children are experimenting with pouring water from the tap, via a watering can, into the sandpit, we encourage that they continue with that activity, but that they then rather water the plants so that we don't waste our borehole water.

This way children also learn problem-solving skills, as well as creative and acceptable ways to do and get what they want.

Finally, we allow time for open-ended activities.

While some toys, like Lego, are designed to be used in a specific way, materials from recycled goods such as boxes, water, sand, pots and pans and any art material, can be used creatively.

We do not tell our children what to do with the material, how to do it or what it should look like in the end – we let their curiosity be their guide.

Deep, natural learning takes place daily

at Broadacres Academy throughout our learning community. We attribute this to the immense levels of happy, calm positive experiences created by our exceptional 21st Century teachers.

Our teachers understand the value of creating a nurturing learning environment. You see, if children feel nurtured, the sky is the limit.

Broadacres Academy moves towards Vision 2020

So far, the school has grown organically and as such, we have implemented the Natural Learning environment we believe in; one where children will not lose their love of learning and will strive to become life-long learners.

In partnership with Skye Education, the school facilities will be completely re-developed to accommodate up to Grade 7 by 2020. The new buildings will encapsulate the unique look and feel of Broadacres Academy. They will be purpose built to facilitate the constructivist learning philosophy implemented at the school.

Plans have been submitted for approval and construction is imminent. We plan to have our first phase completed by September 2018, which will include all classroom facilities up to Grade 6.

Broadacres Academy offers the community a:

1. Crèche for children aged 9 - 18 months;
2. Preschool for children aged 2 to 5 years old;
3. Junior Preparatory School for children in Grade 0 - 3 (up to Grade 7 by 2020) and a
4. Tutor Centre for registered homeschoolers from Grade 6 - Grade 12.

(As children in Grade 6 and 7 progresses into higher grades, these two grades will be phased out and incorporated into the Preparatory School, leaving Grade 8 to Grade 12 in the Tutor Centre.)



Books open a world of delights for a curious child.

If it's your desire for your child to love learning and stay curious in a nurturing environment, then arrange a visit Broadacres Academy today and experience the joy of a natural learning community!



Contact Details:

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Web: www.broadacres.com
Facebook: [@broadacres.academy](https://www.facebook.com/broadacres.academy)
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CLASSROOM INNOVATION AIDS LEARNING

Dainfern College teachers are giving the classroom a 21st Century makeover, to improve the learning experience.

Sandi Tyson walked back into her Dainfern College Grade 4 classroom, after a 12-year break from teaching, and her first thought was: My classroom hasn't changed at all.

But instead of giving her a comforting sense of familiarity, it caused her alarm.

"There's been a huge change in the technology we use in education. And the pedagogy – the methods and practices of teaching – has become much more progressive and fun. But school classrooms haven't changed. They look the same as they did in the 1920s," says Mrs Tyson.

Research shows that the traditional classroom space does not match the high-tech, colourful, digital, connected, social world that today's students inhabit. In fact, pupils find the traditional classroom space boring, uninspiring and uncomfortable. And when they're bored and uncomfortable, they don't learn as well as we'd like them to. Their critical-thinking abilities simply switch off.



These insights inspired Mrs Tyson to revamp the Dainfern College classroom space, with the school's endorsement. She attended various courses on the topic of flexible classrooms, and started testing out new furniture items in her classroom. She is driving the adoption

of flexible spaces at Dainfern College, in line with the school's commitment to innovation and top-class education.

In a flexible classroom, there are a variety of seating options available to the pupil – from bean bags to stools and rocking chairs. And they're colourful and attractive. The pupil decides where he'd like to sit, depending on the task he's been given by the teacher, or the way he's feeling. In a flexible classroom, the teacher stands where she feels best positioned to reach her pupils. And she then walks around to check in on every pupil to inspire, guide, encourage, correct and connect.

"The biggest change I've witnessed since adopting a flexible classroom is that I am reaching more children. It is easier to maintain discipline in

the classroom, because the children are taking greater ownership for their learning and their behaviour in general." She added that the children are more engaged with lessons and learning tasks. "The children don't stay in one spot for more than an hour, or the duration of a single



lesson. They move around the classroom, from one lesson to the next. What's more, they have the freedom to switch places during a lesson." This also helps to maintain their interest throughout the day, and it means that they can seek out a spot that's physically more comfortable.

The success of these flexible learning spaces has seen other teachers across Dainfern College making their learning spaces more flexible too and results have been most encouraging. As a consequence, the Grade 3 classrooms have also been kitted out with the new furniture and Grades 5-7 will soon follow suit. The expectation is that these flexible spaces will lift student grades, since they promote better engagement and happier learning. The teachers say that if the initial results are anything to go by, their students will perform better and enjoy school more, too.

For further information contact marketing manager, Deidré Proxenos, at dproxenos@dainferncollege.co.za or 011 469 0635.



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"He's not Fat, He's just Fluffy!"

Five reasons why
your vet is always
nagging about
your pet's weight.



None of us likes to face the fact that our fur-child is fat. The scales have crept up, he's not as active as he used to be, sometimes struggles to join in the family fun... but he's just chubby (and so adorable) and we love him regardless. That's okay, right?

Sadly, as with us when we pile on the pounds, it's never healthy for our pets to be overweight. These are the top reasons why weight gain should be avoided at all costs:

DIABETES

Yes, both dogs and cats can become diabetic as a result of carrying excess weight, and with 2 out of every 3 pets found to be overweight or obese at their veterinary check-ups, this is becoming a growing health problem! While diabetes is by no means a death sentence if caught early and treated correctly, it's a challenging condition to manage. It is easily avoided by keeping your pet at an ideal weight.

JOINT PROBLEMS

Our bones and joints are what hold us up, so to speak, and any extra weight having to be supported puts pressure on the joints in particular. Fat deposits have also shown to release pro-inflammatory agents. Excess weight can dramatically increase the risk of your pet developing joint inflammation and osteoarthritis, an

exceptionally painful, permanent and ultimately debilitating disease. Such is the prevalence of this condition, particularly amongst large and giant breed dogs and cats, that veterinary orthopaedic surgeons actually recommend keeping these animals very lean, even a bit 'ribby', lifelong. Equally at risk are breeds with oddly-shaped skeletons like dachshunds, bassets, munchkins and bulldogs. Carrying even 5% excess weight can significantly affect your pet's quality of life and life expectancy.

HEART DISEASE

Being overweight or obese causes strain for all the organs, but particularly the heart, which has to pump blood through loads of extra tissue. Fat accumulates around all the vital organs, limiting the space for the heart and lungs to function. The result: the heart literally 'wears out'. No-one wants to see their pet feeling listless and lethargic, suffering fainting spells, at risk of heat stroke or battling to breathe normally. However, if you allow your pet's weight to burgeon, this is exactly what is likely to happen.

SKIN AND URINARY TRACT INFECTIONS

Overweight animals develop rolls of fat, just like plump humans do. These folds provide ideal breeding grounds for bacteria, resulting in a host of uncomfortable, itchy and oozy skin irritations. Of particular concern are the areas around their 'girl- and boy-bits', where urine may accumulate and cause, not only discomfort, but serious infections, as the bacteria migrate up into the urinary system. Added to this is the fact that, like an overweight person who can't touch his toes because of his voluminous girth, fat animals can't groom their bodies properly, purely because they can't reach.

ANAESTHETIC RISK

Possibly one of the most concerning factors is that a dog or cat who is over his ideal body weight becomes an anaesthetic risk. This means that if your pet ever has to undergo emergency surgery, be it due to being hit by a car, breaking a bone, or suffering an illness which requires surgery, the likelihood of him running into serious problems under anaesthetic, or even passing away, is dramatically increased as opposed to an animal of healthy weight!



WHAT NOW?

Once you've determined that your pet is overweight and know how many kilos must be lost in order to reach ideal body weight, you need a game plan. These helpful hints will ensure your pet is happy, healthy and beach-ready in no time:

DIET

It's obvious that calories will need to be reduced and portions controlled, and there are a variety of superb veterinary-formulated weight management diets available to reduce both your pet's weight and the stress for you. Depending on how much he or she needs to lose, your vet or TW Team member will recommend either a 'Lite' food or a prescription weight reduction formula. These special calorie-controlled pet foods are based on cutting-edge nutritional science – they not only provide all the nutrients your chubby pet needs, despite cutting down on fat, carbs, etc., but some, like the Hills Prescription Diet Metabolic range, are formulated to make changes at a cellular level; they literally turn your pet into a 'fat burner' instead of a 'fat storer'! Unfortunately, just cutting back on your pet's usual diet is ineffective, as an overweight body is geared to survive on very little food. Also an imbalance of essential nutrients can result from simply feeding your pet less of the food that helped cause the problem.



HOW DO I KNOW IF MY PET IS OVERWEIGHT?

While in some cases it might be blatantly obvious, the best thing to do is to have your pet weighed at your local vet or Twisted Whiskers Weight Clinic, and receive a Body Condition Score. This is a simple assessment that establishes how close your pet is to his ideal body weight and shape.

Basically, it comes down to 3 points:

1. Individual ribs should not be seen sticking out, but should be felt easily under the skin with medium finger pressure. Each rib should be definable; if not, and all you can feel between your hand and the bones below is a cushion of fat, your pet is

most certainly carrying excess weight. How much, exactly, will be determined by a proper Body Condition Score.

2. When viewed from above, a 'waist' should be clearly seen between the end of the ribs and the start of the hips. If your pet is one straight line from front to back, or worse, bulges out at the sides, he or she has a problem...!
3. When viewed from the side, there should be a definite 'tuck up' of the abdomen from the lowest part of the chest to the groin. If this area resembles a droopy pouch rather than a lean, upward 'scoop', yup, you guessed it, you have a loveable fatty on your hands!



DISCIPLINE

Everyone in the household needs to be aware of the seriousness of your pet's weight problems, most especially the health risks of not slimming down. All too often there are one or two 'culprits' in the family (or staff), who 'feel sorry' for Fat Felix or Roly Rover and sneak him treats on the sly. Everyone needs to be committed to helping your pet reach goal-weight and feel amazing. Ensure that portion control is exercised by everybody who feeds your dog or cat – draw a clear line on the plastic measuring cup, or even cut it at the exact level if someone is inclined to be a little 'heavy-handed' when dishing out the food.

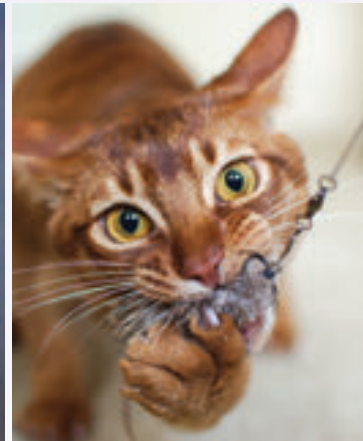
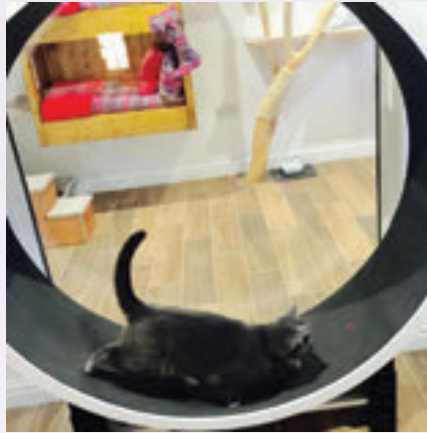
TREATS

Just because your pet can't indulge in his favourite peanut butter bed-time cookie anymore, doesn't mean he can't have treats or rewards. Dogs enjoy some vegetable matter in their diets and carrot or apple (without the pips), for example, grated to prevent choking hazards, are fantastic low-calorie snacks which can be offered in between meals to stave off the hunger pangs, be they real or psychological... Yes, your pet can 'think' he's hungry too, purely because he's accustomed to getting a second or third breakfast mid-morning The weight-loss veterinary diets also have treats available that fit into the diet plan.

Remember that not all treats need to be food treats. Most cats get a serious kick out of some catnip sprinkled on a favourite toy or scratch post, and any kind of activity that involves spending time with the family will be welcomed by dogs. Think walks, visits to dog parks, etc. where your dog can be active too, rather than just chilling on the couch with you, watching telly.

EXERCISE

While exercise is a vital aspect of any weight loss programme, remember that your overweight pet may already be suffering from sore joints, breathing



problems, etc., or simply be battling to drag the extra pounds around as it is. Start by introducing gentle exercise, even if it's just a slow amble around the garden or the block, or a short game of fetch with a favourite toy. Engage cats in short but regular games of chase (find out which type of toy takes your feline's fancy – laser pointers and feather wands are usually winners).

Energy levels and stamina will quickly improve as the weight comes off. Whatever you do, don't allow your pet to lie around all day like a sack of potatoes. Keep in mind that he might be doing so because his limbs are sore, but encourage him to get up and move around regularly, even if just for a few minutes each time. As your pet's fitness increases, get him moving up and down the stairs too. Finally, swimming and walking on an underwater treadmill are incredible

forms of exercise for overweight or obese pets. They alleviate all stress on the joints while burning loads of calories. A number of veterinary clinics and animal hydrotherapy facilities offer these treatments and most pets grow to love them; cats and some dog breeds are 'swum' in special safety harnesses and they, too, can benefit greatly from these exercise treatments.

Don't despair if your favourite furball has packed on the pounds – your vet or trained Twisted Whiskers weight management advisor will be eager to provide you with all the support you need to help you slim down your portly pet. A number of excellent slimming programmes offer great prizes for 'the biggest losers', as well as all sorts of offers and discounts to help make the process fun and rewarding, both for you and your pet. Visit us today for your free pet weight assessment.

Look out for the Twisted Whiskers advert in this publication. On presentation thereof, you'll receive 10% discount on a grooming appointment for your pet/s, as well as 5% off merchandise purchased at our stores. (T's & C's apply)

BIRD FEEDING



Black eyed bulbul

There's an interesting debate going on among birders and professional ornithologists: many professionals say it's wrong to feed wild birds and one or two estates advise residents to stop feeding them bread.

I raised the question last November: what should we be feeding them? In fact, should we be feeding them at all? As one resident e-mailed, "Surely we are artificially increasing bird populations".

Well, what is a suburb but an artificial environment superimposed on what used to be Highveld grassland with, for millennia, a limited range of bird species adapted to savannah with scattered karee (*Rhus*) trees and proteas and kiepersols (*Cussonia*) on the slopes.

Birdlife was kept in check by predators - jackals, genets and birds of prey - and periodic droughts. There

developed, what scientists call, a "dynamic equilibrium" among the living organisms. Today the situation bears almost no resemblance to the past.

Garden watering and artificial ponds and bird tables have eliminated the harsher effects of drought but predation remains: cats! Other predators, once scarce on the Highveld, have moved in in force - coucals, cuckoos, owls, and, as we have witnessed lately, the African Harrier-Hawk (*Gymnogene*). And there's the Pied Crow.

This new picture is evidence that nature and humans have created a new ecosystem - a new dynamic equilibrium a new dynamic is in progress.

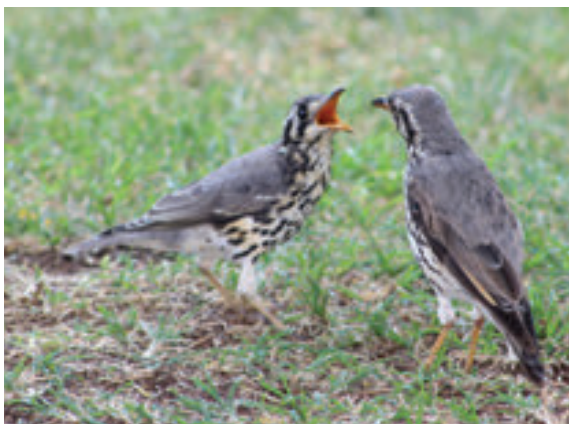
Britain's respected Royal Society for the Protection of Birds says that making large quantities of bread available stops some bird species, such as ducks, from pursuing a natural, balanced diet.

It says, "White bread has no real nutritional value and waterfowl may fill up on it instead of more beneficial foods."

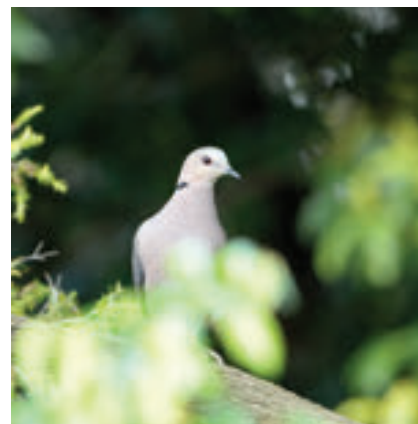
Locally, some birders argue that bread pollutes the water causing unhealthy algae growth. But then think of London's Serpentine in Hyde Park - it's a dam on the Westbourne River where for generations Londoners, and especially visitors who number up to a million a day in London, have traditionally fed bread



Glossy starling



Groundscraper thrushes



Red eyed dove



Cape sparrow



Speckled Pigeon



Red Eyed Dove and Indigo

and picnic left-overs to the Serpentine's great variety of ducks and geese

They looked healthy and happy in my childhood and they continue to look that way. And the "lake" looks fine even though, since 1960, it's often topped up by water from the Thames which itself is not that clean.

If the Serpentine is polluted nobody has told the health authorities. The Serpentine Swimming Club in 2012, hosted Olympic Games swimming events including the swimming marathon. Despite the bread, club members have been swimming in that water since the club was formed 1864 – and fish thrive too.

At Pretoria's Austin Roberts Bird Sanctuary I have seen people hurling whole loaves of bread into the dam - not to feed the ducks but rather to watch the monstrous carp erupt from the water in a frenzied melee to gobble up the bread

in their satchel-like mouths. And the duck population appears to be healthy and nicely varied.

Referring back to Britain, the RSPB lists as "Not safe for ducks": Bread, chips, crackers, biscuits, popcorn and sweet food.

So should we discourage children from feeding water birds with bread? I don't see why? Perhaps in winter, when the dams - unflushed by rain storms - become stagnant, it is better to feed them away from the water's edge.

Birding has sprung a new and rapidly growing branch in Europe: "urban birding". Birding, for years, was mostly a countryside pursuit but so vigorously has the number and variety of birds grown in the towns and cities that there are now urban bird clubs.

A "Birds and Booze" event has become a regular in London when birders (like



Karoo Thrush



Squacco Heron



Crested Barbet

Birding

the birds themselves) gather on hotel rooftops to peer down on parks and gardens to spot birds – and, I wonder, what else? They proudly call themselves twitchers, better than the Norwegians: they call themselves “titting-titters”.

According to a poll, Britain’s favourite bird is the Robin Redbreast – a smaller and chubbier version of our Cape Robin which, in 2016, was voted by BirdLife members as South Africa’s favourite bird.

It is very noticeable that as Greater Johannesburg’s suburbs grow and garden irrigation increases we have developed what amounts to a rain forest with an enormous variety of trees and plants introduced from habitats far from the Highveld – in fact as far away as Australasia, Eurasia and the America’s. As a result, Greater Johannesburg’s birdlife is now one of the most varied of any city in the world.

The proliferation of artificial lakes and



Masked Weaver

reed beds in housing estates has, in Fourways Gardens, encouraged occasional visits of Spurwing Geese and Spoonbills. And as this month’s cover picture by Fourways resident, Steve van Niekerk, shows we seem to have a permanent Little Bittern. Although it is the size of small heron

it is very hard to spot as it stretches its neck vertically and points its bill upwards too look just like a reed.

The latest newcomer to establish itself in numbers in suburbia is the Rosy Ring-necked Parakeet (originally from Asia). A flock of 30 flies over my house every evening. Where do they roost?



Go-away Bird



Blacksmith Plover

The dusky Indigo Bird or Widow Finch (a small jet black bird with a white bill and red legs), normally a bird of the forest edge and bushveld, has also moved in. We have four of them in our garden. It parasitises the African Firefinch so can we assume that that firefinches are now around?

(If you see unusual birds please let me know: jcl@onwe.co.za)



Laughing Doves



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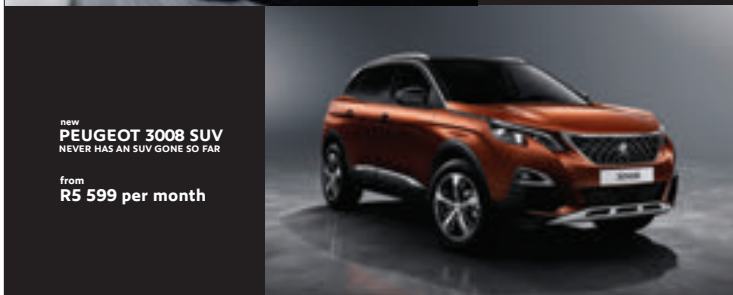
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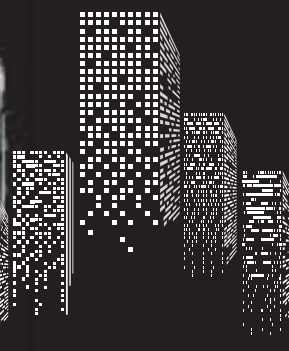


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A PET HAVEN FOR DOGS AND CATS

It's all fun and
pampering at
Fluffs-n-Tufts

Living in an estate has its advantages. There are also challenges, some of which are associated with our furry best friends. Behavioural problems such as noise and aggression are best avoided if you want to remain on the good side of your neighbours and that's where Fluffs-n-Tufts can help.

"If dogs are kept occupied and are having fun, they are less likely to become a nuisance to the neighbours by barking and howling, or developing other behaviour problems like biting humans or fighting with other dogs," explains Fluffs-n-Tufts owner, Niki Elliott, who has over 30 years' of experience working with dogs and cats.

Fluffs-n-Tufts in Bryanston and Magaliesig is a pet utopia that has been set up to help you keep your feline and canine friends healthy and contented. In addition to a pet store and a grooming parlour, there's a cattery that has fully insulated and ventilated runs, scratch posts and lots of luxuries that cats enjoy; and doggie day care, an adventure playground and kennelling for your dogs. There's puppy socialisation and dog training on offer and a Triage wing where they care for dogs or cats that need to be kept quiet during the day when recovering from various surgeries. All the staff are highly trained and competent in handling dogs and cats and there's even a rehabilitation specialist available for pets that require treatment.



Obstacle training course



Inside enclosure



Kennel enclosures

Niki is a qualified TTouch Practitioner Level 3 for Companion Animals, has completed a Diploma in Dog Behaviour and Aggression, and is a Member of The Pet Industries Federation in the UK as well as The Pet Professional Guild and The Association for Force Free Pet Professionals in the USA.

Niki also runs a number of Puppy and Adult Dog Training Schools for Veterinarians in the area, and trains people to run their own Grooming Parlours and Dog Training Schools. These courses are accredited by the British Dog Grooming Association and the Pet Industries Federation. The business also looks to provide a valid educational skills programme enabling individuals to obtain sustainable employment. Fluffs-n-Tufts additionally runs community upliftment programmes through which community members are trained to be able to run their own businesses in the fields of dog training, grooming, house sitting and animal care.

TIMES

The Doggie Day Care is open from 07:00 – 18:00 Mondays – Fridays. Drop off and collection times for the boarding animals are 07:00 – 18:00 on weekdays and 08:30 – 09:00 and 16:00 – 17:00 on Saturdays, Sundays and Public Holidays. They are closed for drop off

Fluffs-n-Tufts services include:

- Vet Shop
- Grooming as well as a 'wash-and-go' bay
- Cattery
- Kennels for Dogs
- Dog Training
- Puppy Socialisation
- Doggie Day Care
- An Adventure Playground
- A Recreation and Conference Boma.

and collections on the 25th and 26th December, New Year's Day, Good Friday and Easter Sunday.

STAFF:

The Manager is Aphelele Mpongo, who has a degree in Animal Handling. He is assisted by Namasha Rao, who has a degree in Human Resources and is a certified dog trainer. The other trainers are Nicky Lucka, Sally Montgomery, Jeanette Mellor, Anton Stoltenkamp. The live-in Kennel Hands are King and Tofuma.

The main office is at 33 Devonshire Avenue, Bryanston, where all bookings and administration is handled by Lorna Kayton.



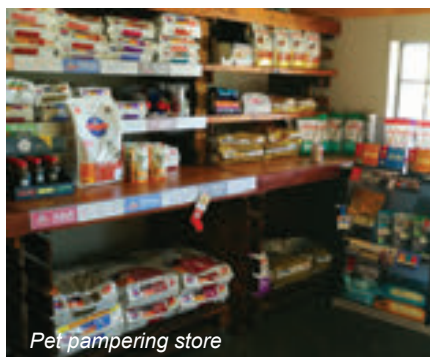
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Dog training in the shade



Pet pampering store



Recreation and Conference Boma

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FOURWAYS GARDENS
Residential Estate

Fourways Gardens Movie Night

Saturday, 10 March 2018
18:30 at Phase 1 Park

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Please submit your favourite movie to the FWG Facebook Page and vote!



Natalia 084 783 3010 / natalia.atanassov@pamgolding.co.za

Tracey 083 654 2729 / traceylee.savage@pamgolding.co.za



pamgolding.co.za/fourways


PAM GOLDING
PROPERTIES

Our January wine tasting was presented by



Fourways Gardens
Wine Club



2018 got off to a great start for the Fourways Wine Club, with Witbooi presenting wines from Zorgvliet Estate. The evening was sold out three weeks prior to the presentation, which demonstrates how keen everyone is to not only sample great wines, but also to enjoy a fun filled evening with family and friends.



Heinrich is a well-known wine fundi in the industry, and his knowledge of wines became obvious very early into the presentation. His calm demeanour was well appreciated and he answered all questions about the wines whilst moving among the tables between each tasting, giving the evening a very personal touch. He represents other well-known estates so we're sure we will see again in the future.



Tyson Properties have again pledged their backing of our Wine Club for this year, and their generous support allows us to purchase wine for each table to have with supper, as well as providing the very popular lucky draw prizes.



Our FWG restaurant excelled yet again with a wonderful dinner of Lemon Roast Chicken with roast potatoes and a green salad. Local cheese and biscuits were served with the welcome wine. Francois and his team work hard to make both the venue and the evening very special. We look forward to the remainder of the year, tasting wines from some excellent states.



Our next Wine Tasting Events

7th March 2018 – Boschendal

4th April 2018 – Star Hill Wines, an unknown Winery producing award winning wines, this event is not to be missed!

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LIVINGLIVELY



MAKRO, THE JEWEL IN RIVERSANDS' SHOPPING CROWN



- ☐ Great deals on top brands? Tick.
- ☐ The widest range of merchandise under one roof? Tick.
- ☐ Located at your doorstep in a convenient new shopping district? Tick.

Makro Riversands ticks all the boxes – and more – at Makro's enticing new flagship store located off William Nicol just north of Fourways, Gauteng.

Store innovation

Makro's commitment to greening stores means that Riversands is built to be environmentally sustainable and to produce clean, renewable energy via roof-mounted solar photovoltaic plants.

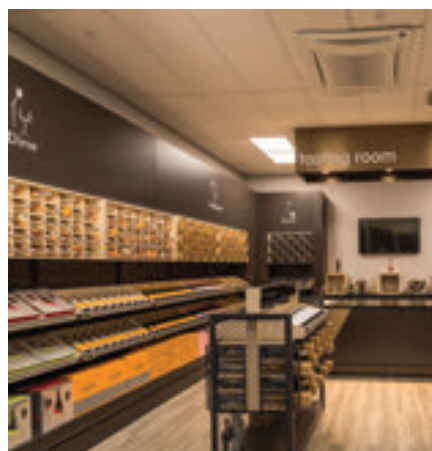
The solar panels help power the store and keep cars cool. Riversands boasts 890 of these multi-tasking parking bays covers, along with 250 skylights in the store that provide plenty of natural light.



Life size touch screens throughout the store allow shoppers to browse the extended online range. The refrigerated cabinets in fresh foods were chosen to optimise visibility of products while improving operating efficiency. The addition of other conveniences, such as a Mugg & Bean quick service restaurant and Money Centre, mean shoppers can get even more done under one roof.

Stock up before Easter

Designed with your needs in mind, Makro Riversands boasts an impressive product offering. This includes men's, women's and children's clothing; a wide range of multimedia and mobile technology; fresh fruit, vegetables and



dairy; fresh meat from an expertly-run in-store butchery; as well as a time-saving range of chilled and frozen foods. From baby goods and disposables; to office furniture and supplies, DIY and hardware essentials, outdoor and gardening – Makro Riversands has so much to offer local shoppers

Whether you're heading out of town for a break or hosting family and friends at home over the weekend, Makro Riversands has everything you need to make sure your plans work out a roaring success.

If the great outdoor is your thing, look no further than our extensive range of tents, folding chairs, cooler boxes and camping gear to make your home away from home as comfortable as possible.

Alternatively you might be looking forward to soaking up the first of the late-summer sun and spending time in the garden. Make sure you keep it in tip-top shape by getting your gardening and pool care range from Makro Riversands.

Be sure to pop into the store where one of our experienced wine tasting consultants will ensure that your choice cuts from the butchery pair with the perfect glass of red.

Click and collect

No time to shop?

No problem, thanks to Makro Riversands' convenient click-and-collect and drive through collection services.

Simply visit us on makro.co.za to register and start making use of this time-saving service. The store also offers collection for online purchases at any one of the convenient Makro Pickup Lockers located around Gauteng. Shoppers can also arrange for delivery to their home or place of work.

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THE ART OF PERFORMANCE



RIVERSANDS INCUBATION HUB:

We stand for Entrepreneurs

Riversands Incubation Hub, located between Dainfern and Diepsloot, is an initiative with big ambitions. Founded by Century Property Developments with support from The Jobs Fund, the large-scale project is boosting local economic activity through supporting hundreds of entrepreneurs.



The entrepreneurial hub, which opened doors in 2015, is home to more than 170 small businesses housed in mini-factories, workshops and retail spaces. Many more entrepreneurs are supported through other business support programmes running at the Hub.

Qualifying entrepreneurs benefit from highly subsidised rental while making use of the many support services on offer. As the businesses grow, they create new jobs as well other earning opportunities. Recording new job

creation is just one of measures that Riversands uses to track success.

New businesses move on campus every month, bringing exciting buying opportunities to both corporate and private customers.

A wide spread of industries are represented – including manufacturing, IT, construction, engineering and services.

The Hub is located in rapidly developing Riversands Commercial Park. Being situated in a larger

development gives the small businesses visibility to the larger firms within the park.

The Vision:

A South African economy growing and thriving through increasing numbers of successful small businesses, whose ownership reflects SA's population demographics, creating jobs and opportunity for all.

Be a small business champion

Riversands has the scale to have a real impact through building small businesses,



creating new jobs and alleviating poverty. To succeed, the organisation is looking for support from corporate South Africa as well as committed individuals. There are many ways to be involved in the initiative:

• Sponsor a small business

Companies looking for BEE scorecard points can sponsor small businesses or skills development projects. Riversands manages the process, including recruiting the entrepreneurs, managing implementation, and providing the necessary verification.

• Buy local

From catering for a home or office function, car branding, uniforms to specialist engineering services – Riversands offers many corporate procurement opportunities. For

Fourways residents, Riversands is a good hunting ground to source suppliers for home projects including décor and furniture, tradesmen and landscaping. In addition, The Yard retail store showcases local products from entrepreneurs.

• Give of your time

Riversands is actively looking for experienced business people to volunteer as industry mentors and specialists to entrepreneurs within our programmes.

To find out more about Riversands Incubation Hub and to book a tour please contact Anne Vicente on annev@riversandsihub.co.za or 011 012 4600.

www.riversandsihub.co.za

Modern spaces for every occasion

The Canvas Riversands, based at Riversands Incubation Hub, offers various conferencing, exhibition and training spaces. We offer venues for each business occasion - whether it's a conference for over 400 people, an outdoor event or a board meeting. An outdoor amphitheatre caters for large-scale events such as concerts, family and market days.

Every Rand spent on hiring the conference facility directly supports South African small business development. In addition, as Riversands is a level 1 BEE contributor, venue hire and catering spend qualifies for 135% recognition on the BEE scorecard. A unique offering, this is truly conferencing with a conscience.

www.riversandsvenue.co.za

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Located near Dainfern, The Canvas Riversands, offers a variety of venues including boardrooms, large conference rooms, a 480-seater auditorium & a large-scale outdoor amphitheatre.

Conferences ■ Team building ■ Meetings ■ Training ■ Concerts

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ATRIVERSANDS

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ADDRESS: Block 3, Unit 40, Riversands Incubation Hub, 8 Incubation Drive, Riverside View Ext 15, Midrand



Self intro: *I'm just a girl, Catherine Naude, who loves to learn and derive meaning in absolutely everything as well as be a devil's advocate in the most inappropriate times. I'm 28, single, suited-up, working in a corporate, IT buzz as an associate project manager, born and raised in Fourways Gardens with the exception of living in Japan. My absolute pleasures in life are dogs, wine, music, books and water – being in or around it and thinking... thinking got me here – Catherine Naude*

WHAT'S UP WITH TATTOOS?

Reasons for Tattoos

"Why did you get it" – the age-old dreaded question. Not because we are ashamed or have any worry of what you may think, but trying to understand a piece of art on someone's skin is trying to understand a person's everyday thoughts. We're not supposed to try understand everyone, just accept them.

Reasons for tattoos, choosing a degree, having a particular hobby or an interest comes from some spark, some journey or simply because "I just liked it", "I just wanted to" or "it makes me happy".

Personally, I find a different meaning every day, that's the beauty of art, you see what you want to see, whatever frame of mind you are in.

For a logical reason: It's the only constant, the only truly stable and permanent thing in this world.

Aesthetically, we change our hair, nature does well with that too, my eye colour changes, clothes change, people change, thoughts, jobs, homes, friends, relationships – it's really the only thing you can take with you to the grave, and I feel we live a thousand lives, I've said this often to people: We change, we grow up, change our roles and with time, forget the memories and fill the mind with new ones.

A tattoo is an anchor, a reminder, a milestone, a piece of sentimental jewellery you can never lose or have it taken away from you...

And and and... that common concern of "so, what happens when you're all old and wrinkly, it won't look good at all!"

Well, my generation is so covered in ink, we'll all be comparing our saggy, misshapen tats and our stories in the retirement village, hopefully they'll help us to remember the youth days we will have forgotten.

And I won't lie! – I often think about what my children will think. A positive alternative came to me on the train, whilst living in Japan. I was mindlessly tracing the outline of the flowers on my arm with my index finger and I pictured holding my child in my arms in bed while I read them a bedtime story and they'd be



dosing off by doing the same. Mommy would be a colouring book, something happy, calming and colourful.

I don't know how or why it was seen as a negative thing, I presume from biblical times, of refraining from marking your skin and rather treating your body like a temple. Tattoos were also used to symbolize a sacrifice and an ownership of self by something external; gangs, groups... etc.



But as much as communication, fashion and our way of life has changed over the years, so have our thinking, our ideas and how we perceive the world illustrated by a fair share of walking art out there that are Biblical scriptures or references to God.

Perhaps because our parents/ grandparents' generations were so against it that we have decided to curiously explore this area and found that it wasn't so bad as what was taught and gave it a new meaning.

To wear our hearts on our sleeves and our souls on our skin, we realise that one life is all we have and to place as much sentiment on it as possible. We live in a time where pictures are words in a computer-generated frame and words of wisdom and inspiration are shared on every social media platform. We suddenly find a particular quote that clings to us, gets us through our biggest challenges and gives us a boost to carry on and grow through the experiences that shape us and allow us to constantly improve – but a small printed, hard-copy pasted on our bedroom mirror just doesn't cut it anymore, for we only see it with glazy eyes in the morning and tired eyes at night.

The way our skin wrinkles, our hair

grows grey or falls out, broken bones, torn ligaments, scars from injuries and operations, stretch marks from drastic changes or pregnancy, it shows the world the things we have endured and how well we have overcome it. Tattoos show an internal growth, of what you wouldn't show evidence of on the outside.

Having experienced a high dose of both physical and mental/emotional pain, I've found the latter to be the most difficult but yet the most transforming. As much as we see a scar fading, it reminded us to be more careful, find an alternative way or avoid it completely, we too, need something to remind ourselves of the trigger that changed our minds and hearts.

A tattoo does that exact thing, something we can see every day whilst our memories get bombarded with new thoughts, it's something to take us back to a certain time (happy or painful), but it's more about what was learnt and how far you go from there.

Unfortunately, it's still not quite accepted as we'd hope it to be, when meeting new people, meeting your significant other's family, job interviews, clients etc.

As respect and because it is not yet

easily absorbed, I generally approach them quite conservatively, as I am aware that I might be faced with pre-conceived judgements and I'd rather them get to know me based on my character and how I treat others. A boyfriend told me to not hide them when meeting his parents for the first time, but I did anyway, not because of shyness or worry (if I cared so much about what people thought I wouldn't have got them in the first place). This taught me to just own it! Be proud of them, it is entirely you and your choice, and personally, I suppose it does encourage me to be a better, kinder, more compassionate and more true to myself.

Maybe compensating but it's worthwhile to open other's eyes and minds in a different way.

Hopefully something like this eliminates the reasons to judge others based on how they look but rather to focus on their, actions, manners and to look deeper than just what lies on the surface.

The writer of this article stipulates that she does not support underage children getting tattoos.

THE DISSATISFACTION CYCLE

"Why does this always happen to me?"... Is a more common question than you can imagine.



Life works in cycles, which are essentially self-similar patterns repeating over and over again. We can see this clearly displayed in the cycles of the moon, the changing of the seasons, a typical calendar year, the great migrations in nature and so on.

So what does this have to do with the average person? Well, pretty much everything to be blunt.

The brain of a growing child learns to understand the world by recognising patterns. An easy example to notice is when a baby cries. Moments later her mom arrives in the room and picks the baby up to comfort it. Her brain will learn to understand that when she creates a distressing sound out of her mouth, she will soon be relieved of the distress once her mom arrives and begins cuddling her. This becomes an easy-to-repeat pattern that should provide the same or very similar results each time... which it usually does in this case.

Patterns allow the brain to react

efficiently to the external world, therefore ensuring survival with minimal effort. If we look at an example of a person that responds appropriately to a circumstance in their life, which then provides him with a suitable result.

His brain will then record the thoughts, emotions and actions that provided the desired outcome, for a possible time in the future. So should something similar come up again, it will take less effort to provide an appropriate response, which theoretically should provide the same result.

This can be seen when we learn to write. In the beginning it is tricky, but with regular recognition of similar events, the brain will correctly instruct the body how to operate a pen and get to writing something.

A suitable pattern will do one of two things. It will either allow the person to move toward pleasure (easier, faster, more direct), or it will move the person away from pain (obstacles, difficulty, death). This is a basic survival

technique that ensures safety and is found everywhere in nature.

When a person moves towards pleasure, they will do so with the intention of having some need being met or fulfilled. However, human conditioning is far more complex and will create situations that can sometimes view pleasure as pain and vice versa. This conundrum can create adverse behaviour towards positive engagements such as exercising or admitting that you were in the wrong during an argument. On the flip side it can drive people towards all sorts of addictive behaviour issues that promise to make them feel good and provide a means of pleasure (for a while).

When someone finds himself in a destructive repeatable pattern, then it's worth looking at what positive value is being gained from the pattern, or what positive value is hoped to be gained. It is important to remember that people will only do things that add positive value to their life, no matter how destructive it may be. Such a person



Donovan Rabie
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may need to feel loved or valued. They may want to ease their own suffering. Such a person may just want to feel happy and carefree.

If something negative happens once, it can be seen as an unfortunate moment in time. However, if a very similar pattern keeps repeating itself in the person's life, then it is not down to bad luck and misfortune. This pattern was deliberately chosen to (hopefully) get some personal needs met. So we may ask: "What need is the person trying to have met by having such a circumstance in their life?"

When it becomes clear as to what positive value is hoped to be gained by repeating the pattern, then it will become obvious as to what is missing in the person's life and what they truly desire. Such insight can go a long way into uncovering the unconscious thoughts, beliefs, values and assumptions, which the person has been adhering to for so long. The unconscious processes often work so well in the background that they are hardly noticed in the person's life.

When you can start acknowledging and breaking down your driving behaviour patterns, then you can begin to really shift your life in a positive manner.

However, this can take time, patience and personal honesty. Old patterns of behaviour become attached to the personality and will take effort to pry its grip off. A clear indication of when the behaviour refuses to let go is when you hear yourself saying: "Well that's just the way I am!" As if nothing can be done to change that aspect of yourself.

When a time-honoured aspect of a person's character is faced with annihilation, it will protect itself by making the person (at least subconsciously) feel as if a void will be created in their life if that part is gone, so it will try to convince the person that it is better to stay the same, where it is safe, than to venture out into the darkness of the unknown.

It is not a bad thing to be wary of change. However, this should not come at the expense of creating a better life

for yourself. Real change, when done consciously often happens in small steps anyway, so there is no major threat to doing something too fast and too soon. It is like practising for a soccer match. You learn some skills, test them out and prepare for the upcoming game. During the match you can test out your skills in real-time. Find out what works and what doesn't work. Discover what can be tested out during practice again, and so forth.

To end the cycle of bumping your head against the same wall and repeating the same pattern over and over again, takes a bit of courage to step out of your comfort zone. It takes some effort and determination to create the life you want to live. It also takes some honesty to acknowledge your faults, how you might be benefiting from such patterns and any limitations in your thought processes that are holding you back. There is always choice, though. You can choose to do what it takes to change your life to the way you want to live it, or you can choose to remain the same. The choice is always yours.

Classifieds

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Fourways Gardens resident owner / driver. Personal, reliable transfers to / from ORT from R420 & Lanseria from R200. Free in car Wi-Fi connection, half & full day tours arranged. For all your transport or driving requirements contact Mike on 072 284 0340 / 011 465 3262 or mikeashcroft@telkomsa.net

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CHILDREN'S PLAYGROUND: "Higo" we offer Indoor and Outdoor playground, please call 011 397 1390 / 076 296 6666, you are welcome to visit our showroom – unit 15 Jan Smuts Park, Jet Park.

DAMP - PROOFING / WATER PROOFING/ PAINTING: Owner supervision. All work guaranteed. Call Richard on 082 352 6382.

DOCTOR: Dr Vicki Schutte – General Practitioner in Stratford Office Park, Block 3, Valley Road, Broadacres, contact details: 011 465 6715 or 073 729 0959 / www.drivickschutte.co.za

DRY FIREWOOD: "Razor sharp service" email: brightfirewood@gmail.com / 082 786 3225.

DSTV DOCTOR: Approved DSTV – all installations, Aerials, Sales & Repairs, Multi choice accredited installer. Call Junior on 078 228-3182 / 011 072 6791 or email: 4wayssat4@gmail.com, www.dstvdoctor.co.za, address: Plot 79 Cedar Rd, Chartwell.

ELECTRICIAN: (Laziz Electrical) Certificate of Compliance, New Installations, Tripping & Fault Finding, Power Failures, Geysers, Stoves, Plugs, Lights, Installation of Generators, call 078 739 6773 / 073 127 3921.

ENGLISH LESSONS: In your home (or online via Skype). I am a qualified English language instructor. I teach all levels – from beginners through to advanced and business English. Lessons can be private or in small groups (max 4). All aspects of social and business language

covered. Perfect for new ex-pats settling into South Africa! My lessons are fun and informal. For more information please email me on lindacharamonte.koch@gmail.com or 082 659 1298 (AND LEAVE A MESSAGE AND I WILL RETURN YOUR CALL)

EXCELLENT PAINTER: FWG resident and reliable Zimbabwean painter who lives in Phase 1. Thorough workmanship with a focus on preparation. All paint / materials from Midek as we support local and pass our contractors discount to our clients. Free assessment and quotation on request. Call James on 072 026 6440 or Olwethu 072 517 5884.

FOOT REFLEXOLOGY: Fine tunes the body to achieve a natural equilibrium in every organ, gland, muscle, tissue & cell through stimulation of reflexes on the feet which release blockages & restore wellness. It assists with the release of toxins, stress, supporting the immune system, alleviating sinus problems, headaches, hormonal, respiratory & sleep disorders, for an appointment, call 073 223 9715, resident of FWG Phase 2.

FIXIT FOX HANDYMAN SERVICE: (FWG Resident) general home repairs & installations including cupboards & shelving, wood & steelwork, minor electrical & plumbing, picture hanging etc. All work done personally. Contact Andre Le Cordeur on 011 465 8902 or 083 473 9362 / fixitfox1@aol.com

FOURWAYS PLUMBING: Resident plumber for all plumbing requirements, reasonable rates and same day service, 011 705 2145 or call Steve on 082 440 5111.

FOUR SEASONS: Resident electrician and other complete maintenance, contract on all Trades. Qualified personnel. Contracted pay half the normal labour rate. Call Stuart on 083 775 6290 or email: 4seasonse@gmail.com

GATE MOTOR REPAIRS: Alarms, CCTV, Gate Motors & Intercom System Repairs & Installations. Call Ninja 011 071 0773 or Quinton on 084 354 5596 / 7.

GARAGE DOORS & GATE MOTORS: Contact Razz 011 465 7094 / 063 376 3377, for all your repairs, replacement, new installation, service and quotations.

GARDEN REFUSE REMOVAL SERVICE – GARDENDRUMS: Garden refuse picked up weekly – service agreement with monthly fees. Options: Steel drum with lid OR 6 standard household plastic bags per week. Email us: gardendrums@mweb.co.za / Philip 082 782 4864.

GENGROW – LANDSCAPING: Garden maintenance, installations, Clean-ups. Irrigations-installations, repairs, Water-feature installations and repairs. Tree felling, Compost, Lawn dressing, Pool maintenance and repairs, Lawn care program, Rubble removal - contact Doane- 083 456 3480 or email: doane@gengrow.co.za

GOLD THATCHERS: For all thatching requirements, New Installations & Repairs, Painting, Decking, Fire Retardant, contact Moses on 083 726 6353.

HEDGEHOGS PLAYSCHOOL: 1 PLACE AVAILABLE at Hedgehogs Playgroup (3 OR 5 DAY OPTION). This is a Small Educational Playgroup run by a qualified teacher in Fourways Gardens Estate, Phase 1. Ages 18 months to 3 years. Weekly themes and creative activities form part of the curriculum. For more information or to make an appointment to visit the school, contact Debbie Hutchinson on 083 253 1414.

HANDYMAN: For all your building requirements done to your satisfaction. Professional, Honest and Reasonable. Specialize in Painting, Waterproofing, Damp-proofing, Damp rising, Rhinolite, Tiling, Paving, Roof Leaks, Building, Plastering, Pool Repairs and House renovations, call Alex on 073 836 5049 / 071 836 2601, references available in FWG.

HERBALIFE INDEPENDENT DISTRIBUTOR: Free Delivery. Call Carin on 082 557 4638 for a free wellness evaluation.

HOUSE CLEANING SERVICES: Moving out and need your blitz!!! We specialize in cleaning homes before new tenants take occupation or after a house becomes vacant. Ready for new owners or tenants. House Cleaning – including cupboards, windows, floors and carpets. Contact Elmarie and her team on 082 955 5642.

HOUSE AND PET SITTER: Why leave your pets alone and away from home in an impersonal kennel? Rather leave them in their own loving home in my competent hands; Mature Lady with 20 years' experience will fill the gap that you leave. Please call Dee-Jean 076 035 6908 / djb160453@yahoo.com, references upon request...NB (including Dainfern, 4WG, Cedar Lake)

HOUSE AND PET SITTING: Going away for a few days or on holiday? There is no need to be concerned about your beloved pets. Entrust them to us, a mature couple. We will love and care for them in the security of your home. Our years of home and pet sitting will provide you with peace of mind. We will also care for the pool and garden if you wish. Please call Henry 082 565 9317 or call Deirdre on 082 335 5096 deidredevine89@gmail.com References available on request.

HOUSE / PET SITTING: Don't put your pets behind bars when you go away! As a mature woman with many year's experience, I will feed, walk and keep them company in their own home, even living in, call Nicky on 072 129 0698.

LAWN CARE PLUS: All year round lawn care, 14 year's experience, winter lawn root-boost in preparation for spring, all lawn problems sorted, weeds, insects, disease, shade, aeration, rats, de-thatching, new lawn, tree felling, irrigation etc. contact Philippa on her cell 072 208-3587 / Ian on 084 888-1632 / 011 704 4614.

IRRIGATION – SOFT RAIN: I have gone solo after 4 years and I have two partners each with over 12 years' experience. All sorts of irrigation from maintenance repairs to new installations call Isaac on 078 658 4371.

KARATE: Goju-Ryu Classes are conducted in a fun environment while learning a form of martial arts. Benefits are discipline, strength building, bilateral integration, co-ordination and focus to mention a few. As an instructor I have more than 15 years of teaching experience with Children through to Adults. Ages welcomed from 4 years to 18 + years. A Free Introductory lesson is provided should you be interested. Contact Sensei Roberta 083 309 5352 5th Dan Goju-Ryu Instructor.

MARTIN TSHANA'S TRADING: Waterproofing, Roof Repairs, Roof Painting, Roofing, Ceilings, Dry Walls, Skimming, All Brick work, contact Elijah 078 169 2858 / elijahdubee@gmail.com

MOKOPANE ELECTRICAL: Installation, Maintenance repairs: Energy efficient solutions, emergency call out, tripping problems, garden and security lights, Geysers – no hot water, Timer switching, Fault finding, Lights and Plugs, Pool & Spa motors, Certificate of Compliance, Under floor Heating, Call Ronald: 072 154 9735 / mokopane.electrical@vodamail.co.za

PAUL POOLS SERVICES: Repair pump filters monthly charge- R550.00 Including chemicals. Contact Paul on 072 193 0680.

PATSONS PAVING: For all you're paving and tiling requirements – no job too big or small. Everyone is welcome. There are various designs available to suit your individual taste. Call Patson on 082 676-2668 or 084 288-6149.

PAINTING / DAMP-PROOFING / WATERPROOFING: Owner supervision. All work guaranteed. Call 082 352 6382.

PAINTING: Is your home in need of TLC? BWorx Painters has 16yrs experience in the paint industry. We assist in colour choices, do the preparation and paint interior & exterior, giving your home an instant increase in value. Contact Vanessa 082 456 7191.

PHYSIOTHERAPY: Vanessa Fourie Physiotherapy, 30 years of experience, treatment for headaches, neck and back pain, post op rehabilitation, sports injuries, home visits within 3 km, medical rates charged, 26 White Ash Street FWG, call Vanessa on 083 458 4720.

POOL SERVICES: Maintenance, repairs, re-marblelite, pumps, sand changes etc. For all pool requirements call Jackie or Martin on 072 132 5703.

PLUMBER: (RC PLUMBING) Reliable professional local plumber for all your plumbing maintenance needs at reasonable rates. Please contact Ryan on 082 598 4881 or 011 465 5198.

PLUMBER: 40 years' experience FWG resident, call Stan on 082 552 8155.

PLUMBING & HANDYMAN SERVICES: By ZIPHI NKOMO – 24hrs – The calibre of our plumbing team's knowledge ensures that any domestic plumbing or handyman query can be met, and our focus on satisfying all our clients plumbing tasks with expediency and unmatched value gives us an edge in the field. During office hours: 011 025 3354, After hours: 071 857 5334.

QUICK SERVICE I.T: We supply quick, quality onsite I.T. services, support, service, networking printers etc. Contact us for all your I.T. requirements, call 083 600 2533 / www.quickserviceit.co.za / quickserviceit@icon.co.za

REMS UNLIMITED CORPORATION: We specialize in Building, Painting, Tiling, Plumbing, Wooden Floors, Garden Services, Paving, Swimming Pool & Electrical maintenance, please contact Khorommbi on 011 054 1458 / 071 578 9976.

SPOTLESS WINDOW CLEANING: By PURA-FLO & ZIPHI NKOMO – An economical service that uses NO chemicals.... only purified water to wash any windows, at heights of up to 26.5m safely from the ground. Cleans ANYTHING – including Glass surfaces, Signage, PVC Ceilings External Gutter Cleaning, and so much more! For a personalised quote contact Leo 081 450 8899.

SQUEAKY CLEAN: Specializes in eco-friendly internal & external window cleaning. Our waterfed pole system will reach where you can't, leaving windows professionally cleaned and streak free. Contact SQUEAKY CLEAN on 076 656 1708 or visit our website: www.squeakycleanservices.co.za

TREE FELLERS: Tree Felling & Palm Tree tidy up, Stump removal, Trimming and pruning, Instant lawn / Compost, LM & Kikuyu supply and lay, Lawn Dressing, Bush Clearance, garden refuse, contact Wisdom on 071 793 0825 / 011 029 4622.

TREE CARE: Tree felling, stump removal, rubble & garden refuse removal, palm trimming & irrigation maintenance & installation, contact Frank on 076 669 1918.

TUTOR: Experienced English Tutor for Expats, ages 3 – 12. Available Monday to Friday in the Fourways, Bryanston area, for further details contact Jade Bernhard 078 625 2051 / jadebernhard18@gmail.com

TUTOR: High school English teacher in Fourways Gardens offering English tuition. All ages, all levels, matric & beyond, particular interest & experience in learners with ADD/ADHD. Contact Heidi on 082 557 2036.

TUTOR: Extra Math lessons, I provide one on one lessons in your home for Grade 8 – 12, I have more than 9 year's experience in helping students achieve their goals. Please contact Quinton Barnard on 071 492 1152 or quintonbarnard45@gmail.com (FWG resident)

FOR SALE:

Antic Couch, comfortable big, beautiful with comfy cushion. Anyone interested, please contact 072 473 5718, you can come have a look and there is room for negotiating for the price.

DOMESTIC WORK:

Elizabeth: Looking for part time domestic work on a Tues & Wed, she is reliable, diligent and a hard worker – runs the house very effectively, also great with animals, please call her directly on 073 630 2298 or Nikki for a reference on 082 496 3593.

Molly: Has been working for us for the past 4 years, she is very attentive to her duties, hardworking, good with pets and children. We are relocating, prefers live in but could live out, call 084 305 3844, for reference call 082 459 7706.

Thembi: Available on Wed & Sat, reliable and honest, works very well with no supervision. Call Thembi on 082 839 7858, for references call Craig 082 825 9028 or Laura 083 703 5066.

Rachel: Absolutely excellent Malawian domestic worker who is hardworking, honest, reliable, trustworthy with valid work permit is looking for part time work on Mon, Wed & Fri, good with kids and pets, live out position, call Rachel 073 612 3880 or Nicky 083 792 0083 for a reference.

Margaret: The best domestic helper I ever had Margaret has worked for me for 18 months and is diligent, punctual, self-motivated and huge asset to any household, she seeks employment for Tues & Thurs, call her on 072 298 7435 or Deirdre 083 264 5098.

Verna: Looking for live in or live out, full time work, she is very loyal, hardworking & trustworthy, she is good with children, animals & general housekeeping, she comes highly recommended, please contact Verna on 071 634 4991, reference call Mandy 082 464 5085.

Ellen: Our domestic is looking for part / full time work, she is honest and hardworking, has worked for me for past 3 years, call Ellen on 073 158 1302 or for a reference call 073 098 6585.

Blessing: Seeks domestic employment on Tues & Thurs, employed in FWG on Mon, Wed & Fri, most highly recommended, friendly and accommodating disposition. Employer Jean 082 895 1523.

Maria: Due to relocation Maria is looking for full time work as a domestic helper. She is very reliable, responsible, hardworking and kind. She really gets on with it quietly and efficiently, never takes time off. Please contact me on 072 861 4390 should you require a reference.

Daisy: Our reliable maid is looking for full time live in / out employment, she is honest & efficient, dedicated manner, highly recommended, call 084 447 3136.

Joyce: Looking for work on Tues & Thurs, she is very good with kids, ironing and cleaning, call 083 360 7679 or 063 677 2740.

Phindile: Looking for part time work on Mon, Tues, Thurs & Fri, hardworking & honest, call 076 545 4948 or call Gaye 083 308 8610 for a reference.

Rebecca: Has worked for me for 20 years, she is honest, pleasant, hardworking and reliable, she is looking for 2 days' work, Tues & Wed or Tues & Thurs, call her on 083 483 6751 or John 011 465 2323 for a reference.

Christina: Looking for work as a health worker, she has a certificate and experience in taking care of patients: bed, bath, general hygiene, mobilizing and feeding patients, for a recommendation call 083 889 9444 or call Christina on



072 698 8380, she is a hard worker, honest, communicates fluently and is time conscious.

Beauty: Our precious Zimbabwean domestic worker is looking for a job as we are leaving soon. NB: Beauty does not leave your house until all work is done! She does ironing, laundry, cleaning the house until it's all bright and shiny, very good with kids and pets, reliable and responsible with humour and kindness. You will Love her! Available on Tues & Thurs, for references call Jessica 082 343 5913 / Gill 079 477 8306 or Beauty on 083 952 4713.

Pretty: Hardworking, honest and reliable is looking for part time work on Mon, Wed & Fri, call Pretty on 078 572 5363, for a reference call Ash on 074 558 4796.

Beauty: Efficient, trustworthy and reliable lady has been working for us for the past 3 years. Domestic work, child minding, house / pet sitting she has done it all. Looking for 3 – 4 days work a week or possibly full time, as we are emigrating. Zimbabwean with work permit. Contact Beauty: 072 955 8137 (Abby 082 332 4048 for reference).

Annah: Are you looking for a champion cleaner, honest & reliable. Has been our angel for 10 years! Available Mon, Tues, Thurs, Fri & Sat. Please call her directly on 084 084 0133 / 011 467 1260 for a reference.

GARDENERS:

Jonathan: Our wonderful Zimbabwean gardener is looking for additional gardening and/or painting work on Mon, Wed & Sat, he is hardworking, reliable, trustworthy and takes initiative. For reference, please call Juana 083 923 6981 or Jonathan directly on 061 227 0829.

Bongani: Seeks gardening work, he is enthusiastic pleasant person, cheerful and hardworking, good with pets, call Heidi 082 557 2036 for a reference.

Wellings: Malawian, my excellent honest, trustworthy gardener looking for work on Sat, stays in FWG, call him on 078 589 7996 or Elaine on 083 610 0613 for a reference.

Augustine: Malawian gardener looking for work full / part time, very hard worker, reliable, friendly and honest, call 061 237 8517 / 078 848 9028, for reference call Paul on 078 104 5276.

Vydah: Malawian looking for full / part time work, call 083 351 2053 or for a reference call Sally on 083 232 3869.

Moses: Efficient gardener is looking for work on Mon, Tues & Fri, he is punctual, diligent and is highly recommended, call 078 761 0214 or for a reference call 082 677 5004.

Bonface: Malawian looking for garden work on Mon, Wed, Fri & Sun, he is good at work, friendly and very hardworking, honest and reliable, for references call Sandra on 079 320 4377 or Bonface 073 390 7324.

Piet: My excellent gardener is looking for work on Wed & Sat, he is honest, reliable, knowledgeable, hardworking, capable of using his own initiative and justifiably proud of his work, he also does general maintenance and can hang curtain rails etc. Call Diane 083 2691241 for a reference or call Piet 076 609 2046.

Andrew: Looking for garden work on Tues & Sat. He is honest, hardworking and does not require constant supervision. For reference call 078 706 6414 or Andrew on 083 645 9607.

Meshack: Malawian 15 year's experience seeks gardening, painting work on Sundays only, has references, also very good with animals, trustworthy and reliable, call 073 332 7917 or for a reference call Ami 082 466 4892.

Makhosini: My fantastic gardener is looking for work on Mon or Tues, call Mandy on 083 627 7799 for a reference.

Simon: Looking for part time work on Mon, Wed, Thurs as a gardener, painter & driver, honest & hardworking, call Simon on 074 405 6004 or for a reference call Christina on 083 660 8944.

Reuben: Reliable, honest gardener. Currently works in FWG, is looking for work during the week, flexible with days. Contact Reuben on 060 811 6992 / 087 240 6713, for a reference call Jo on 082 873 4983.

Sangwani: Has worked for us as a gardener for the past 11 years. He is looking for extra work on Mon, Wed & Sat. For a reference contact Gary 082 551 9774 or Sangwani directly 071 068 7204.



APPROVED ESTATE AGENTS FOR 2016/2017

Please remember that only Fourways Gardens Approved Estate Agents are allowed to list and sell houses in Fourways Gardens.
You may contact any of the following agencies to sell or let your home:

Agency	Agent	Cell Number	E-mail	Website
	Tania Heurtaux Joep Rijntjes	082 550 2222 083 462 2756	tania.h@century21.co.za joep.rijntjes@century21.co.za	www.century21.co.za
	James Le Bihan	082 777 3543	james.lebihan@engelvoelkers.com	www.engelvoelkers.com
	Geoff Mander	073 251 1206	geoff.m@fineandcountry.com	www.fineandcountry.com/sa
	Ingrid Manni Maureen James	083 601 5521 082 882 0228	info@fourwaysgardensrealty.co.za	www.fourwaysgardensrealty.co.za
	Francesca Beattie	083 678 8001	info@fbproperties.co.za	www.fbproperties.co.za
	Gaye Cawood Susan de Boer	083 601 1593 082 452 0086	gaye@gcr.co.za sue@gcr.co.za	www.gcr.co.za
	Leonard Fourie	083 648 0806	leonard.fourie@harcourts.co.za	www.4ways.harcourts.co.za
	Philip Myburgh	079 241 1245	philipm@sothebysrealty.co.za	www.sothebysrealty.co.za
	Natalia Atanassov Tracey-Lee Savage (rentals)	084 783 3010 083 654 2729	natalia.atanassov@pamgolding.co.za traceylee.savage@pamgolding.co.za	www.pamgolding.co.za
	Michele Zuccollo Trish Walton	082 850 8356 082 442 9112	michele.z@seeff.com trish.walton@seeff.com	www.seeff.com
	Dee Thomas Sally d'Hotman	083 375 5646 082 442 7693	dee.thomas@tysonprop.co.za sally.dhotman@tysonprop.co.za	www.tysonprop.co.za

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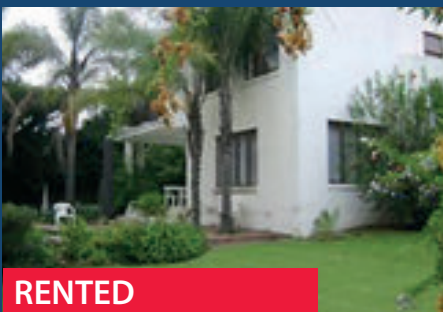


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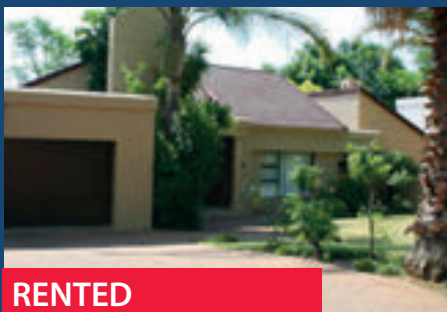


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RENTAL R18 500pm

Fish and rocket scientists

Doctors now agree that mum was right – eat fish because it's good for the brain.

More than that, there's now a suggestion that early humans living along the South African coast and consequently eating lots of fish were more intelligent than humans living inland living off meat and veggies. And women, because they ate a great deal more shellfish than men – after all they were the gatherers – were probably brighter than their men folk.

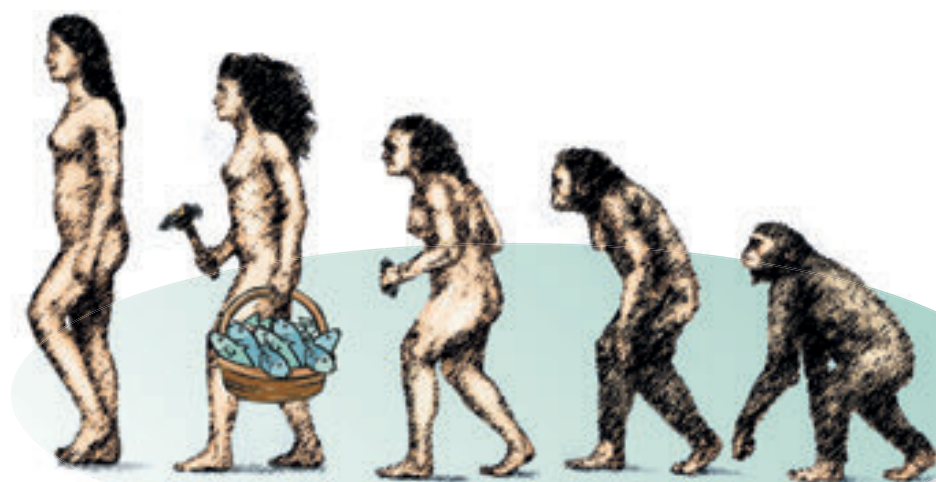
Ichthyologist Professor Mike Bruton, who is now a generalist dedicated to promoting science here and in the Middle East, recently gave a talk about fish and brains in Cape Town. He focused his talk on studies by a friend – archaeologist, Professor John Parkington at the University of Cape Town. Parkington suggested that fish – especially shellfish, because they provide an important nutrient for the brain – led to the emergence of the first really intelligent humans.

Parkington studied pre-historic hunter-gatherer people living along the west coast where one finds the world's largest middens of discarded shells. He was researching a period of time that began before humans migrated from Africa.

Mike Bruton says big-brained humans took a different route in evolution to that of other large mammals. Interpreting Parkington, he described how the human species "invested in the process of developing a large brain and skull to contain it".

As an animal's body gets bigger, the brain gets bigger, though not at the same rate. A large but not terribly bright mammal, like a rhino, typically has a brain about 0,4 percent of its body weight. Humans broke the rule by having a large body AND a large brain – the human brain is about 2 percent of our body weight.

Our coastal ancestors had access to a high quality of food to feed their brains – fish.



Brain development is driven by what a pregnant mother eats while she is breast feeding her baby. And the key nutrients needed are polyunsaturated fatty acids (PUFAs) without which "children are irretrievably mentally and visually disadvantaged".

PUFAs are uncommon in the meat of terrestrial animals such as antelope but very common in marine and freshwater fish and shellfish. Bruton says coastal women habitually gathered and ate large amounts of shellfish while men wasted their time and energy hunting down sirloins and chops that provided few nutrients for brain development.

Seafood allowed *Homo erectus* (the species that preceded our species, *Homo sapiens*) to accelerate brain development, so infusing the human race with a greater intelligence, allowing them to eventually become rocket scientists, lawyers, doctors and computer programmers and their children to send sms messages to each other simply by using their thumbs.

It seems to be no coincidence that the world's earliest signs of humans engaging in creative activities – making decorative necklaces, water vessels and advanced stone artefacts – are along the Cape coast.

Parkington, during a lecture, once held aloft an apple and perlemoen shell and said: "*Homo sapiens* ('man the wise')

probably came about not in some Middle East orchard but on a Cape beach."

Gonzales, the fishmonger, would agree with all this.

A customer who marvelled at how quick-witted and intelligent he was asked him: "What makes you so clever Mr Gonzales?"

Gonzales said, "Fish heads. Eat enough and you'll be positively brilliant. Only R40 apiece."

The customer bought three. A week later he complained they were disgusting and he didn't feel any smarter.

"You didn't eat enough," said Gonzales. The customer went home with 20 more. Two weeks later he was back – and angry.

"Hey, Gonzales," he said, "you're selling me fish heads for R40 a piece when I can buy the whole fish for that. You're ripping me off!"

"You see?" said Gonzales. "You're smarter already!"

For more James Clarke, visit Blogsite: <http://stoepstalk.worldpress.com> or www.jamesclarke.co.za



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For Sale

Cape Chestnut | R6 600 000
web ref: 457494



For Sale

Coral Tree | R4 499 000
web ref: 455733



**For Sale/
Rental**

Camdeboo Rd | R3 800 000 /R33 000 p/m
web ref: 432130 / web ref: 456822

Contact us for any residential Sales, Rentals and Market Related Estimates



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Trish Walton

082 442 9112 | 011 467 3233
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